

Sunbeam

Pizza Bake & Grill™

19L Stainless Steel Oven

Instruction Booklet

This book covers the use and care of the following Sunbeam Compact Oven:

BT5350

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة أعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM BAKE & GRILL OVENS.

- Always operate on a flat surface.
- Avoid contact with oven surfaces, including oven door, during and after use, as they will be hot.
- Use well away from walls and curtains.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.

- Do not place items on top of the oven whilst in use.
- Do not block or cover the air vents on the top, back or side of the oven.
- Do not use in confined spaces.
- Do not immerse the unit in water.

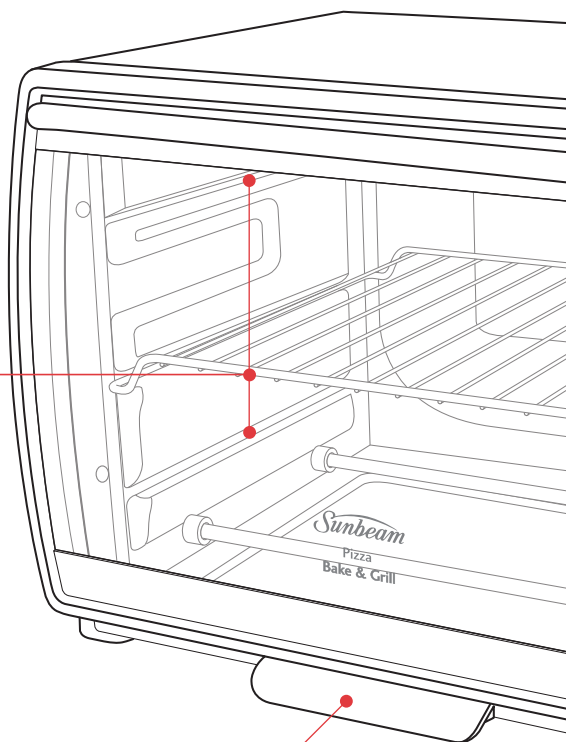
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Sunbeam Pizza Bake & Grill™ – BT5350

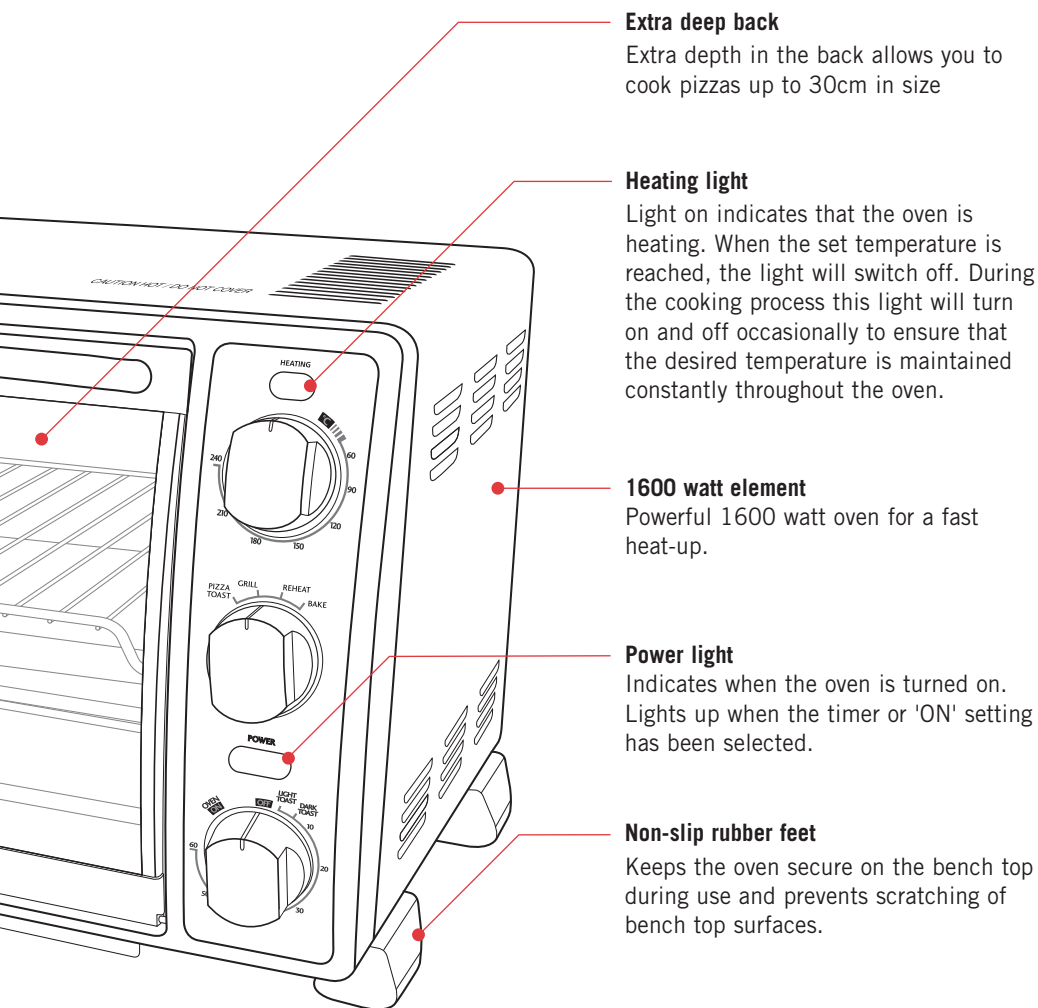
Rack support guides

With three rack support guides: upper, middle and lower, each cooking function is maximised.



Removable crumb tray

Crumb tray slides out for emptying without the need to open the door and has a cool touch handle for added safety.



Extra deep back

Extra depth in the back allows you to cook pizzas up to 30cm in size

Heating light

Light on indicates that the oven is heating. When the set temperature is reached, the light will switch off. During the cooking process this light will turn on and off occasionally to ensure that the desired temperature is maintained constantly throughout the oven.

1600 watt element

Powerful 1600 watt oven for a fast heat-up.

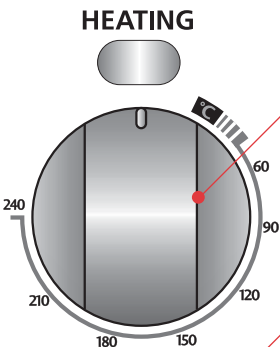
Power light

Indicates when the oven is turned on. Lights up when the timer or 'ON' setting has been selected.

Non-slip rubber feet

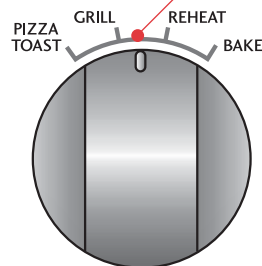
Keeps the oven secure on the bench top during use and prevents scratching of bench top surfaces.

Features of your Sunbeam Bake & Grill continued



Temperature Control

Variable temperature control allows you to select the perfect temperature for each cooking task. Temperature range is from 60°C to 240°C.



Oven Settings

Select from Pizza/Toast, Grill, Reheat or Bake.



Pizza/Toast: Using the PIZZA/TOAST setting allows maximum heat for fast, quick cooking of pizzas and toast. For toast, use this setting in combination with the timer.



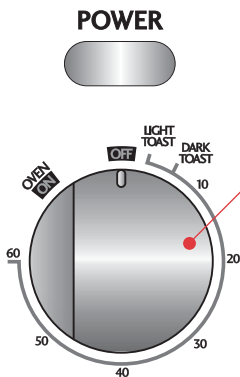
Grill: Use the GRILL setting for grilling open sandwiches, sausages and vegetables.



Reheat: Heats food from beneath and is ideal for perfectly reheating leftovers.



Bake: Suitable for roasting baked dinners as well as baking homemade biscuits, cakes and muffins.



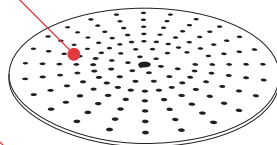
60 minute timer and on/off control

The timer can be set up to 60 minutes and will automatically turn the oven off and sound a bell at the end of the cooking time. Alternatively, the dial can be set to the ON position for continuous operation, until it is turned off manually. Variable browning control allows you to toast your bread to a desired colour. LIGHT TOAST on the timer represents the lightest toasting shade and DARK TOAST represents the darkest toasting shade.

Features of your Sunbeam Bake & Grill continued

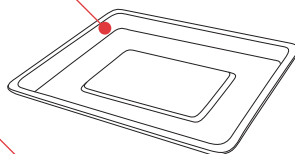
Aluminium pizza tray

Cooks up to a 30cm pizza to perfection



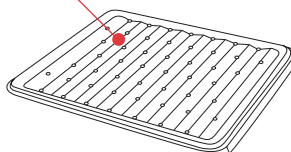
Enamel baking pan

Enamel baking pan can be used on its own or with the drip tray insert.



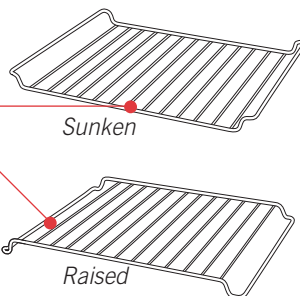
Enamel drip tray insert

The drip tray insert sits inside the baking pan and allows fats to drain away for fat-free cooking. The drip tray also helps to prevent splattering.



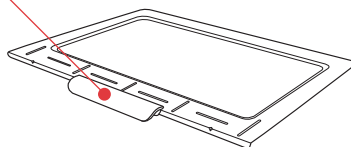
Chrome plated wire rack

The removable wire rack is reversible and may be used in the raised or sunken position, giving you greater versatility when cooking.



Crumb tray

Insert the tray into bottom of the oven. Removable for easy cleaning.



Using your Bake & Grill™

Position the oven on a dry, level surface, ensuring that the ventilation slots on the side and top of the appliance are not obstructed. Plug the power cord into a 230-240 volt power outlet and turn the power on.

Note: When turned on for the first time, your Bake & Grill may give off vapours for up to 10 minutes. This is due to the initial heating of the materials used. It is safe, not detrimental to the performance of the oven and will not re occur.

Important: Do not force open the oven door beyond its limit or let the door drop open as this will distort the door and hinder the oven's ability to maintain a proper seal.

For pizza

The top two and bottom two elements will heat when the 'pizza' setting has been selected.

1. Place the wire rack in the middle shelf in the sunken position.
2. Place the pizza tray on the shelf.
3. Turn the oven setting to 'PIZZA/TOAST'.
4. Set the temperature to 210°C and allow tray to preheat for 5-10 minutes before using.

To toast

The top two and bottom two elements will heat when the 'TOAST' setting has been selected.

1. Place the wire rack into the middle rack support guide, in the sunken position.
2. Arrange bread on the wire rack.
3. Turn the oven setting to 'TOAST'.
4. Set the temperature control to the maximum 240°C.

5. To set the time first turn the dial fully clockwise to 60 minutes, then turn it anti-clockwise to the toast icons to start the timer. This ensures accurate timing. Light Toast represents the lightest toast shade and Black Toast represents the darkest shade.

6. A bell will sound when the selected toast cycle has ended.

Note: Toasting times will vary depending on the type of bread used. Sweet and fruit breads generally take less time than white or wholemeal breads.

To grill

The top two elements will heat when the 'GRILL' setting has been selected.

1. Place the wire rack, in the sunken position, into the highest rack support guide.
2. Place the drip tray inside the baking pan and position the food on the drip tray. Place the baking pan on the wire rack.
3. Turn the oven setting to 'GRILL'.
4. Set the temperature control to maximum 240°C.

Note: For best results, allow the oven to preheat for 5 -10 minutes or as per recipe instructions.

5. To turn the grill on, turn the timer control clockwise to the desired time. Alternatively, for continuous operation, turn the timer control to the ON position.
6. When finished grilling, the oven will switch off automatically and a bell will sound if the timer was selected. Alternatively, turn the timer control to OFF position if the continuous mode was selected.

Using your Bake & Grill continued

To reheat

The bottom two elements will heat when the 'REHEAT' setting has been selected.

1. Place the wire rack in either the raised or sunken position, into the desired rack support guide, depending on the type of food/dish that is being reheated.
 2. Place the food in an oven-proof dish.
 3. Turn the oven setting to 'REHEAT'.
 4. Select the desired temperature on the temperature control. See page 10 for a guide.
 5. To turn the oven on, turn the timer control clockwise to the desired time. Alternatively, for continuous operation, turn the timer control to the 'ON' position.
 6. Stir food occasionally to ensure even reheating of food.
- Note:** Use oven mitts to remove dish as it will be very hot.
7. When finished reheating, the oven will switch off automatically and a bell will sound if the timer was selected. Alternatively turn the timer to the 'OFF' position if the continuous mode was selected.

To bake or roast

The top two and bottom two elements will heat when the 'BAKE' setting has been selected.

1. Place the wire rack in the sunken position, into the desired rack support guide.
2. Place the food to be baked on the wire rack, using the appropriate pan, tray etc.
3. Place the drip tray inside the baking pan and position the food on the drip tray. Place the baking pan on the wire rack.
4. Turn the oven setting to 'BAKE'.
5. Select the desired temperature on the temperature control.

Note: For best results, allow the oven to preheat for 5 -10 minutes or as per recipe instructions.

Important: If baking cakes, biscuits etc, using recipes other than those provided with this instruction booklet, it is recommended that oven temperatures for the 'BAKE' setting be reduced by approximately 20-30°C. The recipes in the back of this book have already been adjusted.

5. To turn the oven on, turn the timer control clockwise to the desired time. Alternatively, for continuous operation, turn the timer control to the ON position.
6. When finished baking, the oven will switch off automatically and a bell will sound if the timer was selected. Alternatively, turn the timer control to OFF position if the continuous mode was selected.

Cooking guide

TEMPERATURE SETTING °C	OVEN TEMPERATURE DESCRIPTION	FUNCTION/FOOD
Low / 80	Moderately Warm	Warming plates/dishes
90	Moderately Warm	Slow reheating
120	Warm	Shortbread
150	Warm	Cakes, reheating
180	Moderate	Roasts, biscuits, quiche
210	Moderately Hot	Pizza, frittata
240	Hot	Scones

Roasting guide

For best results cook all beef, lamb, veal or pork at 200°C for 15 minutes, then reduce to 180°C and use the remaining cooking times from the chart below:

MEAT	Approximate time per 500g cooked at 180°C (after initial 15mins @ 200°C)
Beef – Rare	15 minutes
Beef – Medium	20 minutes
Beef – Well done	25 minutes
Lamb – Medium	20 minutes
Lamb – Well done	25 minutes
Veal – Well done	30 minutes
Pork – Well done	35 minutes
POULTRY	Approximate time per 500g cooked at 180°C
Chicken	25-30 minutes

Note: Chicken is cooked when the juices run clear after piercing with a skewer or knife.

Grilling guide

Preheat compact oven to maximum heat for 5 minutes. Oven rack should be positioned in the highest rack support guide with the rack either sitting in the raised or sunken position depending on the height of your meat.

Place meat on baking pan with drip tray.

Food Type	Approximate Cooking Times
Thin Sausages – up to 10 sausages	11 minutes, turning occasionally
Thick sausages – up to 8 sausages	18 minutes, turning occasionally
Lamb Chops – up to 8 small chops	5-7 minutes, turning once
Steaks – 2-4 steaks, depending on size	5-10 minutes, turning once.

Note: Cooking time will vary depending on thickness of food and individual preferences.

Roasting tips for vegetables

Grilled Capsicum

- Preheat oven to maximum heat using the GRILL setting. Place rack in the top shelf in the sunken position.
- Cut capsicum in half and remove seeds and membrane. Spray with vegetable oil spray.
- Bake for 30 minutes or until skin blackens and blisters.
- Remove from oven, and cover with plastic until cool enough to handle
- Peel off skin and cut into strips.

Caramelised Onion

- Preheat oven to 200°C using the BAKE setting. Place rack in the middle shelf in the sunken position.
- Line baking pan with aluminium foil; spray with vegetable oil spray.
- Peel and thinly slice one large onion (red is preferable).
- Mix through 1 tablespoon of olive oil and spread over baking tray.
- Bake 30 - 40 minutes, turning tray half way or until onion is soft and browned.

Roasted Sweet Potato or Potatoes

- Preheat oven to 180°C using the BAKE setting. Place rack in the middle shelf in the sunken position.
- Grease baking tray with vegetable oil spray.
- Peel and chop sweet potato or potato into 1-2 cm pieces, place on baking tray and spray generously with vegetable cooking spray. Season with sea salt and freshly ground black pepper.
- Bake for 30 minutes or until potato is cooked.

Note: If a cooking spray is not available, lightly apply oil using a brush.

Care and cleaning

- Always turn the power off and remove the plug from power outlet after use and before cleaning. Allow the oven to cool before cleaning.
- It is recommended that you clean the oven after each use to prevent a build up of grease and to avoid unpleasant odours.

Note: Do not clean any part of the oven in the dishwasher.

- The wire rack, baking pan, drip tray, and crumb tray, may be washed in warm soapy water and rinsed.

Note: Never immerse the oven in water.

- The interior walls and ceiling of the compact oven can be wiped with a mild detergent and a damp cloth.
- To clean the exterior of the compact oven, wipe the walls with a cloth dampened with mild detergent. Polish with a soft dry cloth.
- To clean the glass door, wipe with a damp sponge and dry.

Recipes - Pizza

All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the Pizza Bake and Grill Oven.

We hope you enjoy using your oven.

Pizza Dough Makes: 2 small or 1 large

2 teaspoons (7g) dry yeast

1 teaspoon caster sugar

$\frac{3}{4}$ cup warm water

2 cups plain flour

$\frac{1}{2}$ teaspoon salt

2 tablespoons olive oil

1. Combine the yeast, sugar and water in a bowl. Stir to combine. Cover mixture with cling wrap and place in a warm area until the mixture starts to bubble.
2. Combine the yeast mixture, flour, salt and oil in a large bowl and mix until combined. Turn dough onto a floured surface and knead for about 10 minutes or until the dough is firm and elastic. Place dough in a bowl and allow to rest in a warm place until the dough has doubled in size.
3. Using your fist, punch the dough down. Fold sides to centre and turn dough over. Place dough onto a floured surface and lightly knead. Cut dough in half. Roll dough out to fit a pizza tray. Dress pizza dough as required.

Pumpkin, Caramelized Onion and Goats Cheese Pizza Makes: 2 Pizzas

1kg pumpkin, peeled, deseeded, cubed

3 onions, sliced

1 clove garlic, crushed

1 teaspoon fresh thyme

$\frac{1}{3}$ cup olive oil

1 quantity basic pizza dough, rolled out into two 26cm circles

1 cup pizza sauce

150g goats cheese, crumbled

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the PIZZA setting. Place wire rack in the middle shelf in the sunken position.
2. Toss pumpkin, onions, garlic and thyme in oil. Place onto a lined baking tray and bake for 25-30 minutes or until pumpkin and onions are tender and golden.
3. Spread pizza sauce evenly over pizza bases. Scatter pumpkin mixture and goats cheese over the bases.
4. Place on pizza tray and bake for 15-20 minutes or until golden brown. Season to taste with salt and pepper.

Pizza (continued)

Margherita Pizza

Makes: 2 pizzas

- 1 quantity basic pizza dough, rolled out into two 26cm circles
- 1 cup tomato puree
- 150g mozzarella, thinly sliced
- 2 tablespoons fresh basil, chopped
- Salt and freshly ground black pepper, to taste
- 1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.
- 2. Spread tomato puree over bases. Top with cheese.
- 3. Place on pizza tray and bake for about 15-20 minutes or until golden.
- 3. Top with basil. Season to taste with salt and pepper.

Meat Lovers Pizza

Makes: 2 pizzas

- 1 quantity basic pizza dough, rolled out into two 26cm circles
- 1 cup tomato puree
- 1 red onion, finely sliced
- 100g pepperoni, sliced
- 100g prosciutto, roughly chopped
- 100g salami, sliced
- 100g mozzarella, grated
- ¼ cup barbeque sauce
- Salt and freshly ground black pepper, to taste
- 1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.
- 2. Spread tomato puree over pizza bases. Scatter onion, pepperoni, prosciutto and salami over the bases. Top with mozzarella and barbeque sauce.
- 3. Place on pizza tray and bake for 15-20 minutes or until golden. Season to taste with salt and pepper.

Pizza (continued)

Mediterranean Pizza

Makes: 2 pizzas

1 quantity basic pizza dough, rolled out into two 26cm circles

¼ cup basil pesto

200g roasted eggplant; chopped *

100g roasted artichoke; chopped *

100g roasted red pepper; chopped *

100g semi dried tomato *

50g kalamata olives, pitted *

150g feta cheese, crumbled

½ teaspoon dried basil

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.

2. Spread pesto over the pizza bases. Top with roasted vegetables, tomatoes and olives. Scatter feta and dried basil over pizza.

3. Place on pizza tray and bake for 15-20 minutes or until golden. Season to taste with salt and pepper.

* If you don't wish to roast your own vegetables, roasted vegetables are also available from your local supermarket in the deli section.

Tandoori Chicken Pizza

Makes: 2 pizzas

1 quantity basic pizza dough, rolled out into two 26cm circles

½ cup plain Greek yoghurt

⅓ cup tandoori paste

400g chicken thigh fillets

200g tzakiki spread

1 teaspoon mint sauce

1 red onion, finely sliced

200g bocconcini cheese, roughly chopped

¼ cup fresh coriander, chopped

Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.

2. Combine yoghurt and tandoori paste. Stir through chicken, cover and refrigerate for 1 hour.

3. Place chicken on a lined baking tray and bake for 10 minutes or until the chicken juices run clear. Cool and roughly chop.

4. Combine tzakiki and mint sauce. Season with salt and pepper. Spread over pizza bases. Scatter bases with chicken and onion. Top with cheese.

5. Place on pizza tray and bake for 15-20 minutes or until golden. Top with coriander. Season to taste with salt and pepper.

Pizza (continued)

Garlic Prawn Pizza

Makes: 2 pizzas

1 quantity basic pizza dough, rolled out into two 26 cm circles

¼ cup olive oil

2 cloves garlic, crushed

400g fresh ricotta

¾ cup grated parmesan cheese

1 tablespoon lemon zest

600g prawns, deveined, tails removed, washed

Salt and freshly ground black pepper, to taste

Freshly chopped parsley, if desired

1. Preheat oven to 210°C using PIZZA setting. Place wire rack in the middle shelf in the sunken position.
2. In a bowl combine half of the oil, garlic, ricotta, parmesan and lemon zest. Season to taste with salt and pepper.
3. Spread ricotta mixture over pizza bases. Top with prawns and remaining oil.
4. Place on pizza tray and bake for 15-20 minutes or until golden. Season to taste with salt and pepper. Top with parsley.

Roasts

Lemon and Rosemary Roast Chicken Serves: 4

- 8 chicken thighs
- 6 cloves garlic, finely sliced
- 6 sprigs fresh rosemary
- ½ cup olive oil
- ¼ cup lemon juice
- 2 tablespoons lemon rind
- Salt and freshly ground black pepper, to taste
- 1. Preheat oven 180°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
- 2. In a large bowl toss chicken, garlic, rosemary, oil, lemon juice and lemon rind. Cover and refrigerate for 1 hour.
- 3. Place chicken and marinade in baking dish. Bake for 25-30 minutes or until chicken is cooked.
- 4. Change to GRILL setting. Place wire rack on top shelf in the sunken position and grill chicken for 3-4 minutes or until skin and golden and crispy. Allow to rest for 5-10 minutes before serving.

Perfect Roast Beef

Serves: 6-8

- 2 onions, quartered
- 1 bulb garlic, broken into cloves
- 6-8 fresh thyme sprigs
- ½ cup olive oil
- 2-2.5kg beef topside, tied*
- Salt and freshly ground black pepper, to taste
- 1. Preheat oven to 200°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
- 2. Combine onion, garlic, thyme and half of the olive oil in the base of the baking dish.
- 3. Season beef generously with salt and pepper. Place on top of onion mixture and drizzle with remaining oil.
- 4. Place in oven and bake for 50 minutes or until done. Remove beef from dish, cover and allow to rest for 10 minutes.
- * Ask your local butcher to do this for you.
- TIP:** To make gravy, strain juice in base of baking dish. Heat in a small saucepan over medium heat. Mix ½ cup beef stock and 1 tablespoon of cornflour to form a smooth paste, whisk constantly until thickened. Season with salt and pepper. Serve over beef.

Roasts (continued)

Crispy Roast Potatoes

Serves: 4-6

1kg Coliban or Sebago potatoes, peeled, quartered
8 cloves garlic
8 sprigs fresh thyme
½ cup olive oil
Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
2. Line a baking tray with baking paper. Scatter over potatoes, garlic, thyme and oil. Season with salt and pepper.
3. Place in oven and bake for 20 minutes. Remove from oven and gently crush potatoes with a fork. Place back in oven and bake for a further 15-20 minutes or until golden and crispy.

TIP: Use any left over potatoes for bubble and squeak.

Slow Roasted Pork Belly

Serves: 6-8

1.5kg pork belly, skin scored
2 tablespoons fresh thyme leaves, finely chopped
1 tablespoon salt
3 medium apples, peeled, quartered, sliced
2 onions, sliced
4-6 fresh sage leaves
Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
2. Dry pork belly thoroughly. In a small bowl combine thyme and salt. Rub salt mixture over the pork.
3. Place apples, onion and sage in the base of a baking dish. Place pork on top of apple mixture and bake for 25-30 minutes or until skin is crispy. Reduce heat to 180°C and cook for a further hour, or until done.
4. Remove pork from oven. Allow to rest for 10 minutes before serving with apple and onions.

Roasts (continued)

Rosemary Leg of Lamb with Mint Sauce

Serves: 4-6

2kg leg of lamb
4 cloves garlic, crushed
30g butter, softened
5-6 stalks fresh rosemary
Salt and freshly ground black pepper, to taste

1. Preheat oven to 210°C using the BAKE setting. Place wire rack on the bottom shelf in the raised position.
2. Remove lamb from fridge and bring to room temperature.
3. In a small bowl combine garlic and butter. Season to taste with salt and pepper.
4. With a sharp thin knife, make between 20-30 small incisions into the flesh of the lamb. Push the butter and garlic into each incision with a few rosemary leaves.
5. Place in oven and bake for 1- 1 ½ hours or until cooked. Allow lamb to rest for 10-15 minutes before serving.

Mint Sauce

Makes: ½ cup

1 bunch fresh mint
3 tablespoons boiling water
1 tablespoon caster sugar
2 tablespoons white wine vinegar
Salt and freshly ground black pepper, to taste

1. Strip mint leaves from stalk and roughly chop.
2. Place mint leaves, water and sugar in a small jug. Stir and allow to cool.
3. Add vinegar and season to taste with salt and pepper.

Roast Chicken Stuffed with Herbs

Serves: 4

1-1.5kg whole chicken
1 bunch fresh parsley
1 bunch fresh sage
5-6 sprigs fresh thyme
1 lemon, quartered
4 cloves garlic, chopped
50g butter, softened
Kitchen twine

Salt and freshly ground black pepper, to taste

1. Preheat oven to 180°C using the BAKE setting. Place rack in the middle shelf in the sunken position.
2. Rinse chicken under cold water, remove giblets. Pat dry.
3. Place parsley, sage, thyme, lemon and half of the garlic in the chicken cavity.
4. In a small bowl combine butter and remaining garlic. Season with salt and pepper. Spread the butter mixture underneath the skin of the chicken. Tie together chicken legs with kitchen twine.
5. Place on baking tray and cook for 40-50 minutes or until juices run clear. Allow chicken to rest for 10-15 minutes before serving.

TIP: Soak the kitchen twine in water for 1 hour before tying the chicken. This will prevent the string from burning.

Other Meals

Baked Eggs

Serves: 3

This is a great way of cooking breakfast in one pan!

- 2 red onions, chopped
- 2 long red chillies, deseeded, chopped
- 1 clove garlic, crushed
- 2 tablespoons olive oil
- 2 400g can cherry tomatoes
- 2 teaspoons brown sugar
- 1 teaspoon balsamic vinegar
- 6 eggs
- Fresh basil, to garnish
- Salt and freshly ground black pepper, to taste

1. Preheat oven to 200°C using the BAKE setting. Place rack in the middle shelf in the sunken position.
2. Line baking tray with baking paper. Scatter over onions, chilli and garlic. Drizzle with half of the olive oil. Bake for 20-30 minutes or until onions are golden.
3. In a medium baking dish combine onion mixture, tomatoes, brown sugar and balsamic vinegar.
4. Using the back of a spoon make 6 indents in the mixture. Crack the eggs into the indents.
5. Place in oven and bake for 15-20 minutes, or until eggs are set. Season to taste with salt and pepper.
6. Serve with basil and hunks of crusty pieces of bread.

TIP: Add chorizo or green capsicum when baking the onions.

Mushroom and Ricotta Quiche

Serves: 8-10

- Olive oil spray
- 1 sheet short crust pastry
- 350g portabella mushrooms, sliced
- 2 tablespoons olive oil
- 1 ½ teaspoons fresh thyme, chopped
- 250g fresh ricotta
- 3 egg yolks, beaten
- 1 ¼ cups cream
- Salt and freshly ground black pepper, to taste

1. Preheat oven to 180°C using the BAKE setting. Place rack in the middle shelf in the sunken position. Grease a 25cm round tart tin.
2. Roll pastry out to fit into tin. Cover and place in refrigerator to rest for 15 minutes.
3. Cover pastry with baking paper and fill with uncooked rice. Place in oven and bake for 10 minutes. Gently remove baking paper and rice. Bake for a further 5 minutes or until golden brown.
4. Toss mushrooms, oil and thyme. Place on a lined baking tray and cook for 10-12 minutes or until mushrooms have softened. Set aside.
5. In a bowl combine ricotta, eggs and cream.
6. Place mushrooms in tart shell and pour over the ricotta mixture.
7. Cook for 20-30 minutes or until golden and set. Allow to cool completely in pan before serving.

Other Meals (continued)

Asian Style Baked Fish

Serves: 4

- 2 long green onions, chopped
- 1 red capsicum, deseeded, finely sliced
- 1 carrot, peeled, cut into fine matchsticks
- 1 long red chilli, deseeded, finely sliced
- ¼ cup soy sauce
- 1 teaspoon caster sugar
- 1 teaspoon sesame oil
- 2 teaspoons lime juice
- Fresh coriander, garnish
- Salt and freshly ground black pepper, to taste
- 1. Preheat oven to 180°C using the BAKE setting. Place rack in the middle shelf in the sunken position.
- 2. Combine onion, capsicum, carrot and chilli in a large bowl.
- 3. Place the fish on a lined baking tray. Divide the vegetable mixture evenly and place on top of fish fillets.
- 4. Place another sheet of baking paper over fish. Fold sides together to form a parcel. Bake for 15-20 minutes, or until fish flakes when tested with a fork.
- 5. Garnish with lime juice and coriander if desired.

Garlic Toasts

Serves: 3

These are great accompaniments with salads / soups.

- ½ cup olive oil
- 3 cloves garlic, crushed
- 1 loaf sour dough bread, sliced
- Salt and freshly ground black pepper, to taste
- 1. Preheat oven to 200°C using the TOAST setting. Place rack in the middle shelf in the raised position. Position the drip tray beneath the rack.
- 2. Combine the oil and garlic. Season with salt and pepper.
- 3. Brush the oil mixture over both sides of the bread. Place on rack and grill for 3-4 minutes or until golden brown. These toasts can be served hot or cold.

Other Meals (continued)

3 Cheese Rarebit

Serves: 2

4 slices crusty bread

4 tablespoons creamy cheese and chive dip

½ cup grated cheddar cheese

¼ cup grated parmesan cheese

Freshly ground black pepper, to taste

1. Preheat oven to 200°C using the GRILL setting. Please rack in the middle shelf in the raised position. Position the drip tray beneath the rack.
2. Place a tablespoon of dip in the centre of each piece of bread. Gently press and flatten with a spoon keeping a gentle dome shape.
3. Top with cheddar cheese then parmesan cheese. Sprinkle with black pepper.
4. Place on rack and grill for 5 minutes or until cheese is melted and golden. Serve hot.

Sweets

Chocolate Coconut Slice

125g butter, melted
1 cup brown sugar
1 egg
½ cup plain flour
½ cup self-raising flour
⅓ cup cocoa
¾ cup shredded coconut

Icing

¾ cup icing sugar
¼ cup cocoa
50g butter, melted

1. Preheat oven to 160°C using the BAKE setting. Place rack in the middle shelf in the sunken position. Line a 20 x 20 cm slice pan.
2. In a bowl combine butter, sugar and egg. Sift over the flours and cocoa. Add coconut, stir to combine
3. Press mixture into prepared pan. Place in oven and bake for 25-30 minutes or until firm.
4. For the icing, combine icing sugar and cocoa in a bowl. Add butter and stir to combine.
5. Spread icing over hot slice and allow to cool in pan.

Banana Cinnamon Muffins

Makes: 12

2 cups plain flour
2 teaspoons baking powder
1 ½ teaspoons ground cinnamon
1 ½ cups mashed banana
¾ cup milk
⅓ cup caster sugar
¼ cup honey
¼ cup vegetable oil
1 egg

1. Preheat oven to 160°C using the BAKE setting. Place rack in the middle shelf in the sunken position. Lightly grease muffin pan.
2. Sift flour, baking powder and half of the cinnamon into a large bowl.
3. In a separate bowl combine banana, milk, sugar, honey, oil and egg. Pour the liquid ingredients into the flour mixture. Gently stir until just combined. Divide mixture evenly into pans. Sprinkle with remaining cinnamon.
4. Place in oven and bake for 15 minutes or until golden and firm.

TIP: Only mix the muffin mixture until just combined. Over stirring will result in a dense and tough muffin.

Sweets (continued)

Moist Date Cake

Makes: 12

- 1 ½ cups dates, deseeded, roughly chopped
- 1 cup boiling water
- 1 teaspoon bicarbonate soda
- 80g butter, softened
- ½ cup brown sugar
- 2 eggs
- 1 cup self raising flour, sifted
- Custard, to serve

1. Preheat oven to 180°C using the BAKE setting. Place rack in the middle shelf in the sunken position. Line a 18cm cake pan with baking paper.
2. In a small bowl combine dates, water and bicarbonate soda. Let stand for 10 minutes.
3. In a separate bowl cream butter and sugar until light and fluffy. Add eggs one at a time, mixing well after each addition.
4. Add date mixture and flour to the butter mixture. Stir until well combined. Pour into pan. Place in oven and bake for 35-40 minutes or until cooked. Serve warm with custard.

Easy Chocolate Cake with Butter Cream Icing

- 2 ¼ cups plain flour, sifted
- 1 ¾ cups caster sugar
- 1 cup milk
- ½ cup cocoa powder, sifted
- ½ cup vegetable oil
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons baking soda
- 2 eggs
- 1 cup boiling water
- 200g butter, softened

Icing

- 2 ½ cups icing sugar, sifted
 - ⅓ cup cocoa, sifted
 - ¼ cup milk
1. Preheat oven to 160°C using the BAKE setting. Place rack in the middle shelf in the sunken position. Line a 23cm round cake pan with baking paper.
 2. In a large bowl combine all ingredients, except boiling water. Mix until smooth. While stirring, gradually add small amounts of boiling water.
 3. Pour into pan. Bake for 35-40 minutes or until a skewer comes out clean from the centre of the cake. Cool cake in pan before removing.
 4. Beat butter in a large bowl until light and pale. Gradually add icing sugar, cocoa and milk.
 5. Place cake on a flat work surface. Cover the top and sides of cake with icing.

TIP: To make icing look smooth keep a container of hot water close by. Dip your knife into the water to help create a smoother finish to the icing.

Notes

12 Month Replacement Guarantee

In the unlikely event that this appliance develops any malfunction within 12 months of purchase (3 months commercial use) due to faulty materials or manufacture, we will replace it for you free of charge.

Should you experience any difficulties with your appliance, please phone our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand. Alternatively, you can send a written claim to Sunbeam at the address listed below. On receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the appliance is defective, advise you on how to obtain a replacement or refund.

Your Sunbeam 12 Month Replacement Guarantee naturally does not cover misuse or negligent handling and normal wear and tear.

Similarly your 12 Month Replacement Guarantee does not cover freight or any other costs incurred in making a claim. Please retain your receipt as proof of purchase.

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In Australia you are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Should your appliance require repair or service after the guarantee period, contact your nearest Sunbeam service centre.

For a complete list of Sunbeam's authorised service centres visit our website or call:

Australia

www.sunbeam.com.au

1300 881 861

Units 5 & 6, 13 Lord Street
Botany NSW 2019 Australia

New Zealand

www.sunbeam.co.nz

0800 786 232

26 Vestey Drive, Mt Wellington
Auckland, New Zealand

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Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

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Visit www.sunbeam.com.au

Or call 1300 881 861

In New Zealand

Visit www.sunbeam.co.nz

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